C.R.E.W.

Champions of Recreation, Exercise, and Wellness

Description

C.R.E.W. is a district-wide initiative with the focus of engaging all Pike Township stakeholders in the area of wellness. More specifically, C.R.E.W. participants commit to self-care, wellbeing, eating nutritious meals, and 20 minutes of physical activity per day for at least 5 days per week.

Pledges

Participants in the C.R.E.W. initiative are asked to submit pledge cards indicating their commitment to a total number of miles in physical activity over the course of a school year.

Tracking

Each school will have access to an electronic tracking form that can be utilized by classroom teachers to track classroom mileage and/or the building wellness coordinator to track a school's mileage towards its set goal.

Selection Process

Each participating school/facility will utilize the square mileage of a country of its choosing. The the selected country's square mileage will become the school's/facility's linear mileage annual goal. For example: Somalia has a square mileage of 242, 217 miles. If "School A" chooses Somalia as its country, "School A" would commit to a total collective goal of 242, 217 miles (linear) for the school year. The selected country may also serve as a focus of inquiry and thematic study for the school/facility , as a whole, or individual classrooms within the school.